



## Stuffed Pork Chops I

READY IN



60 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups day-old bread cubes
- 0.3 cup butter melted
- 2 tablespoons celery chopped
- 0.3 cup chicken broth
- 10.8 ounce cream of mushroom soup canned
- 2 tablespoons onion chopped
- 4 pork chops thick cut
- 0.3 teaspoon poultry seasoning
- 2 tablespoons vegetable oil

0.3 cup water

## Equipment

bowl

frying pan

oven

baking pan

kitchen thermometer

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a skillet, heat the oil and brown the pork chops.

Place the pork chops in a baking dish.

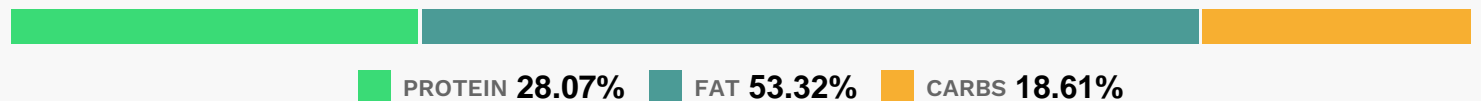
In a bowl, toss the bread cubes, melted butter, chicken broth, celery, onion, and poultry seasoning together. Put heaping mounds of the bread crumb mixture onto the pork chops.

Combine the cream of mushroom soup with the water, and pour this mixture over the stuffing and pork chops.

Cover and bake for 30 minutes.

Uncover and continue baking for 10 minutes longer or until juices run clear. The meat thermometer should read 145 degrees F (63 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:41.92, Glycemic Load:10.84, Inflammation Score:-5, Nutrition Score:24.194347588912%

## Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## Nutrients (% of daily need)

Calories: 534.92kcal (26.75%), Fat: 31.39g (48.29%), Saturated Fat: 12.83g (80.18%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 22.66g (8.24%), Sugar: 2.75g (3.05%), Cholesterol: 124.39mg (41.46%), Sodium: 953.3mg (41.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.18g (74.37%), Selenium: 56.7µg (81%), Vitamin B1: 1.09mg (72.59%), Vitamin B3: 13.8mg (68.99%), Vitamin B6: 1.06mg (53.05%), Phosphorus: 385.73mg (38.57%), Manganese: 0.76mg (38.22%), Vitamin B2: 0.42mg (24.52%), Zinc: 3.39mg (22.63%), Potassium: 679.64mg (19.42%), Vitamin K: 17.76µg (16.91%), Iron: 2.79mg (15.51%), Copper: 0.3mg (14.97%), Vitamin B5: 1.5mg (14.96%), Magnesium: 59.24mg (14.81%), Vitamin B12: 0.86µg (14.32%), Folate: 44.02µg (11.01%), Fiber: 2g (7.98%), Vitamin E: 1.16mg (7.72%), Vitamin A: 382.39IU (7.65%), Calcium: 73.51mg (7.35%), Vitamin D: 0.54µg (3.57%)